

Fall Newsletter 2015



Astoria
co-op
grocery

COOPERATIVE PRINCIPLES

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for the Community

The International Cooperative Alliance's principles are guidelines by which cooperatives worldwide put their values into practice.

ASTORIA CO-OP GROCERY BOARD

To contact our board: board@astoria.coop

Allie Evans, President
Norma Hernandez, Vice President
Beth La Fleur, Secretary
Sam Seulean, Staff Seat
Brad Hill, Treasurer
Libby Lawrence
Angela Sidlo
Todd Holm

OPEN 8-8 DAILY

1355 Exchange Street Suite 1
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www.astoria.coop

Anyone can shop. Everyone can become an owner. Just \$25 to start your ownership and receive special sales, case discounts & more.

Got a newsletter idea?
Contact Co-op Marketing Director Zetty Nemlowill: zetty@astoria.coop.

Special thanks to Co-op Owner Pam Chestnut for proofreading this newsletter.



CO-OP RECEIVES AWARD GENERALLY SPEAKING

BY *Kelly Huckestein* PRODUCE MANAGER



On September 15, the Astoria Co-op Grocery was presented with an award of excellence from the Oregon Organic Coalition. The Oregon Organic Coalition is made up of stakeholders from all over Oregon to support growing organics in our state. I was able to go to Portland to accept this award and was blown away by the praise bestowed on our little co-op. I know we do a lot of cool things, but it is easy to feel isolated out here on the Oregon Coast. But we are not alone! Amazing people from all over the state have been working tirelessly since the 1980's to make sure that organics thrive and people get access to healthy food.

Thank you co-op owners and shoppers for helping put Astoria Co-op on the map and supporting our ability to help promote organic food in our region. Thank you Organically Grown Company for nominating us for this award. And thank you Oregon Organic Coalition for doing all the hard work you do and supporting and recognizing co-ops!

Here's what the Oregon Organic Coalition said in a press release:

Astoria Co-op Grocery works diligently to source organic, healthy foods for the community while fostering growth in a cooperative atmosphere. Kelly Huckestein, Produce Manager, sits on the board of the North Coast Food Web (NCFW) and has been focused on sourcing organic and locally grown foods in the department. Walk through their produce department and you'll find that sourcing organic produce ranks highest in their purchasing priorities. The Co-op also raises funds for NCFW's Fruit Box program through donations at checkout, which goes to local school programs that provide students free organic fruit.

BEANS FOR BAGS UPDATE

This fall when you bring a reusable shopping bag to the Co-op, you'll be helping the planet, and supporting some great community causes. For each bag you bring, a cashier will give you a bean worth 5 cents that you drop in a jar representing one of three organizations:

North Coast Watershed: supporting a goal to improve stream habitat to create a sustainable environment for salmon and people.

Camp Kiwanilong: general maintenance, replacing bunk beds, and replacing cabins.

Clatsop Animal Assistance: veterinary care including spay and neuter fees, pet adoption promotion, and any other needs not covered by the Clatsop County Animal Shelter's budget.

Our board of directors selects new organizations quarterly. You can find an application to become a "Beans for Bags" recipient on our web site www.astoria.coop.

MAKING OUR NEW STORE A REALITY THE CO-OP WAY BY *Matthew Stanley* CO-OP GM



Our store has accomplished many things that set us up for a successful expansion. We have a board of directors aligned around the idea of building our co-op's capacity as a grocer, a strategic plan that serves as our guiding document, and we have an engaged and

growing ownership that shares what they'd like to see in a new expanded store. Our current store continues to grow sales and improve our operation, all in preparation for our evolution into a larger platform grocer.

Staff, me included, continues to develop their capacity as leaders and operators of a natural foods store too.

Dollars and Cents

But no matter how much strategic alignment or community excitement we create, much of our project's success will depend on our ability to raise financing. Fortunately, co-ops have unique opportunities to raise capital. Indeed, one of the seven cooperative principles is "member (owner) economic participation." To raise capital, co-ops use common shares, owner loans, and preferred shares in addition to traditional loans from banks and credit unions. Owner investments help both with actual capital and with showing lenders that our owners are committed to supporting this business's growth.

"Own a Grocery Store With Us" Equity Drive

As you may know, a fully paid ownership is \$200 per household. Most owners pay this in annual \$25 installments. By making payments early and adding more owners, we can raise \$10,000 in owner equity in October! Everyone can participate in one of the following ways:

1) Sign up or encourage a friend to sign up and pay the full equity amount of \$200.

2) Owners paying in installments can pay off the remaining balance on their \$200 share.
3) Owners who have already paid off their \$200 (or any owner) can pay an additional \$100 in owner equity as allowed by the State of Oregon.

Anyone helping us reach our October equity goals in any of these ways will receive a free Astoria Co-op Grocery cotton tote bag as a thank you! Upon purchasing a full share you'll receive your Astoria Co-op Grocery



Free organic tote for anyone who makes an equity payment in October and chance to win a personal chef, Marco Davis, for those who become fully vested Co-op owners in October.

share certificate. And those who pay off their full \$200 share can enter to win their own personal chef for an evening: Marco Davis, the fabulous chef from our farm to fork dinner events.

The capital that we raise in October will be used to strengthen our balance sheet as we move into expansion mode. Our normal monthly equity is around \$3,500, so this will take a lot of help from a lot of owners to reach our goal. October is National Co-op Month too, so this is a great time to become fully committed to your local food co-op. It's not just about the money; the success of this equity drive will show a future lender just how much community support our store has.

Next steps

In the near future we'll begin using the other methods used by many co-ops to raise

capital. We'll be sharing more information with you next year regarding owner loans and preferred shares. In the meantime, we'll be hard at work developing our expansion plan and searching for a site.

Owner Loans

Owners loan the Co-op money and the Co-op pays it back with interest according to a predetermined schedule of payments. Our Co-op used owner loans in 2008 to make our move to the current location.

Preferred Shares, or Class B Stock

Preferred shares, unlike common shares, earn a dividend for owners who purchase them and may be purchased in quantity. When and how they are redeemed will depend on the Coop's financial situation.

Thanks to everyone who pays some equity during the month of October. Simply shopping at the Co-op and spreading good word of mouth about our store helps too. Cooperatively (and with a lot of hard work and careful planning), I know we can own a new grocery store!

OWN
~ a ~
GROCERY STORE
WITH US!

Together, let's take the first step raising cash for a bigger store!

•Become a Co-op owner

•Make an early equity payment

•Pay off your share in full



October Equity Drive Goal: \$10,000

NOTES FROM GROCERY

BY *Josh E. Guse* GROCERY MANAGER

PUMPKIN EVERYTHING IS COMING!!!

Okay not EVERYTHING, but fall is upon us and we couldn't be more excited. I'd like to take this time to introduce myself and share some insights to the coming season here at Astoria Co-op Grocery. My name is Josh Guse and I am the new Grocery Manager here at the Co-op. I have been involved in the natural foods industry for just over 6 years and I am very passionate about all things food. In this article I will be covering topics pertaining to our new Co+op Basics rollout, featured new products, Halloween spooktastic candies we're bringing, and yes, getting ready for turkey time.

What is Co+op Basics?

Looking to stretch your grocery budget? So are we! That's why we're pleased to introduce our new Co+op Basics program. Co+op Basics offers everyday low prices on many popular grocery and household items. You'll find both new value-priced brands as well as new low prices on some old favorites. One brand in particular that we will be increasing the variety of products specific for this program is Field Day. You should recognize the labels and look out for more to come. Field Day offers a harvest of all-natural and organic quality products that are carefully selected and value priced. They bring all the goodness of nature from the field to your pantry. Taste and

compare for yourself. Field Day sources the best ingredients to create products you and your family will love. In addition, 91% of their products are certified organic and 94% are Non-GMO Project Verified. Field Day manufacturers are registered with the US FDA and undergo 3rd party audit inspections for good manufacturing practices and food safety procedures.

Featured New Products

Health Aide Kombucha: The only commercial kombucha fermented 100% in glass. Flavored using only raw cold-pressed juice from the freshest organic produce. Brewed in super-

small 2.5 gallon batches.

Lotus Rice Ramen: Their selection of nutrient-dense and whole grain rices are grown on pristine lands whose soils are rich in nutrients, making them naturally more healthful than other rices. Traditional and heirloom varieties are naturally more nutritious than high yield varieties. Their rices are gluten and wheat free and are rich in vitamins and minerals, as well as potent antioxidants.

Santosha Coconut Crème: Contains naturally-occurring Lauric Acid, which is regarded as one of the healthiest components of coconut

MEET OUR NEW GROCERY MANAGER JOSH GUSE

I moved to Oregon a little over a year ago and landed in Portland. Once settled, I started working for New Seasons Market as an Operations Manager. During my employment with New Seasons Market, I was able to get in touch with the needs and wants of the Oregon grocery shopper. My start in the world of natural foods grocery began with Willy Street Co-op in Madison, Wisconsin. I spent almost five years with the Co-op, which helped grow my passion for the natural foods industry. I love the co-op concept mostly for the importance of governance over one's local store, dedication to the community and overall involvement/investment in being part of such a thriving movement toward better eating. When I'm not immersed in the grocery world, I love spending time training for triathlons, hanging out with my dogs, and anything to do with Game of Thrones. Now that I live in Astoria, I plan to do more kayaking, paddle boarding and possibly take up surfing.



NOTES FROM GROCERY CONT'D.

and has been found to improve metabolism. They use organic coconut palm sugar as sweetener, which is a mineral-rich, low glycemic sweetener (GI-35) made from the nectar of the coconut palm tree.

Olympia Provisions: Everything that they make is handcrafted naturally with the ultimate goal of quality. The company butchers antibiotic-free Pacific Northwest pork to 100% lean, adding pure, soft fatback, and a judicious amount of sea salt, fresh garlic and freshly ground spices. Our cured meats are held in natural casings and maintained in the organic white mold that protects them.

Halloween

Whether scary zombies, spooky witches, or "Too Cool for School" is your idea of Halloween fun and fright, then we're your stop for all things candy. Looking for something better that satisfies both your concerns for healthier candy and your kids concerns for stuff that tastes great? We offer a variety of alternative-to-candy options as well as organic stand-by's. Check out some options from familiar brands such as Annie's, Cliff, Yummy Earth, and Sjaak's Organic Chocolates, just to name a few. So stop by the Co-op this Halloween season for some alternatives to the normal options for candy.

Let's Talk Turkeys

With Thanksgiving just around the corner, it's time to start thinking about that bird or non-bird on your list. This year we'll be offering Mary's Free Range Turkeys. Mary's Free-Range turkeys are raised on healthful grains and allowed to roam in areas four times the size provided by the average commercial turkey ranch. Their high-protein diet provides the optimal amount of nutrients for the turkeys to grow bigger and more flavorful than those typically found at the supermarket. Mary's Free Range Turkeys will be delivered Tuesday, November 3rd and will be first come, first served. And for all our vegetarian and vegan friends we'll be sure to have options on hand or will special order for you. Please stay tuned and thanks for reading.

PREGNANT CRAVINGS

STAFF PICKS WITH *Telly & Hannah* OF THE CO-OP DELI



Telly (left) and Hannah (right) are both expecting their bundles of joy this winter.

HANNAH STEVENS' STAFF PICKS

- Organic Prairie Uncured Beef hotdogs** - I love these because they are nitrate-free and safe for my baby.
- Bearitos Crunchitos Extra Cheddar** - These are great, salty and have 33% less fat than normal brands. And they have no MSG, so I don't get too addicted!
- Nettle Leaf** - Right from the bulk herbs department! I love nettles because they are a kidney tonic, which aids in the increase of blood experienced during pregnancy. The high Vitamin K decreases your chance of hemorrhage after birth, too. And there lots of other vitamins and minerals necessary for fetal growth and development.
- Liberte Yogurts** - High in calcium and protein and they are just simply delicious.
- Columbia Gorge Vita Sea Juice** - This juice is packed with folate. My pregnancy has given me a real aversion to green foods and most vegetables. This smoothie helps me get my veggies and it tastes good, too!

TELLY SLOAN'S STAFF PICKS

- Bulk Dark Chocolate Almonds** - They satisfy my chocolate craving in a guilt-free way!
- Three Twins Dad's Cardamom** - This stuff is delicious! Cardamom aids in the production of breast milk too! Its like chai and ice cream goodness.
- Bulk Chia Seeds** - I put these in everything. They are high in protein and healthy fats. Hitting the protein requirements of pregnancy is real tough, but the chia seeds help make up the gap. Ice cream, cereal, smoothies, salad... they all get chai seeded!
- WOW Gluten Free Chocolate Chip Cookies** - These taste like cookie dough! Pregnant women cannot eat raw cookie dough, so these are a great substitute.
- Rainbow Light Pre-Natal One and Spectrum Fish Oil Omega 3** - I make sure to take these crucial supplements at the same time. The fish fats help aid absorption and assimilation of the prenatal vitamins.

DELI NEWS

By request, we now offer our balsamic dressing in single serving and larger 16 ounce sizes. It's perfect for salads you make at home or as a dip for the new organic cut veggies from our produce department, located in our grab-and-go deli cooler. Our two daily soup offerings are back (after a brief hot-weather summer hiatus) just in time to warm you up from the cooler autumn weather. Check our web site www.astoria.coop and Twitter for daily selections. Also, keep an eye out for muffins making a return this fall! Keep checking for new healthy selections in our deli to make your life easier. We're looking at meal solutions to make it faster and easier for you to make dinner. Imagine us doing the chopping and peeling for you!



WHERE DOES WELLNESS BEGIN?

BY *Angela Sidlo* CO-OP BOARD MEMBER & WELLNESS CONSULTANT



Wayne Dyer once said, "Change the way you look at things and the things you look at change!"

I'm going to ask you to look at wellness and maybe the way you think about wellness will change.

I have been out and about in my community asking people what they think about wellness and in particular, where does wellness begin? I will include some interviews with people in my community and explore what they think about wellness and where it begins for them.

I personally believe that wellness begins with awareness: just the simple act of being aware of what you put on your plate, what you choose at the grocery store, where you spend your restaurant dollars. And food is only one aspect of wellness. How are your choices when it comes to exercise? Do you allocate some of your budget to a gym membership, a tai chi class or a meditation group? Begin to explore wellness in your world.

Local Street 14 Cafe Owner Micha Cameron-Lattek says wellness begins with that first cup of coffee in the morning. I can't refute that coffee does have some health benefits (in moderation). Stopping in at your favorite coffee shop also creates a social network that is part of that total wellness package.

Dr. Jennifer File, a local pediatrician and friend, feels that wellness begins first as a

mindset and then radiates out into the community with the activities and lifestyles based on that mindset. Wow! We had a great conversation surrounding all the possibilities for wellness opportunities in the community with all that in mind. Make a conscious decision to practice wellness and see where it takes you.

Another colleague, Leigh Oviatt, a beautiful massage therapist of Prana Wellness Center, believes that wellness

begins in the heart. She thinks that wellness is a heartfelt experience that begins deep within. We must all feel that deep down it is worth it to make the time to take care of ourselves, to nourish our spirit and reflect that in the care we give to our bodies. Her wellness center can certainly help you with that. Get a massage, have some acupuncture, take a sauna or explore the salt tanks!

The crown jewel of my wellness exploration was a trip to 46 North Farm to visit Teresa Retzlaff. As a farm owner and proponent of community supported agriculture she believes wellness begins in the soil: the very basis of where nutrients come from that feed our bodies. It's so important to have a connection to the earth to really understand where wellness begins. Love your farmers, support them at farmers markets and local co-op grocery stores. The farm was beautiful, just beginning to wake up to spring. The magnolia tree out front still had some big blooms on it. The herb beds were sprouting new growth and volunteer potatoes and onion plants were forging upward. The chickens scratched about, happily uncovering seeds and insects. The green house was full of organic starts headed to the local co-op for gardeners to take home and plant. Peas, spinach, chard, parsley and every kind of lettuce you could want.

By raising awareness about wellness we all begin to start making better choices about

food, exercise, relationships and all the things that create a healthy mind, body and spirit. It is what I am passionate about and what I love to teach the most.

A big thank you to all my friends and community members for sharing in this discussion about where wellness begins. I urge all of you to continue to explore wellness in your life and your community.

I believe that we all have the opportunity to be well and to thrive. Let's do this together!

LEARN MORE

Angela Sidlo will be the speaker at our monthly food and wellness lecture, "Beers to Your Health" and you're invited!

Her talk is titled: **"Where Does Wellness Begin?"** It will begin with the concept of primary food and secondary food and focus on soil, organics and how to choose the best way to nourish yourself to create healthy bodies, families and ultimately healthy communities.

When: Thursday November 13 at 7 p.m.

- Doors open at 6 p.m.
- Food and drinks available from Taproom

Where: Fort George Lovell Showroom

Our monthly talks are free and open to all ages thanks to a generous donation of space for community by the Fort George.

About Angela Sidlo, LR, CA:

Licensed Reflexologist
Certified Holistic Aromatherapist
Wellness Consultant
Certified Tai Chi Instructor
Usui Reiki Master Teacher

www.reflexology-works.com
www.aromatherapy-works.com
wavesofchange.wordpress.com

LENTIL VEGETABLE SOUP

BY *Angela Sidlo* CO-OP BOARD MEMBER

This hearty soup makes a delicious easy crock pot meal for fall with great anti-inflammatory properties.

Serves: 6-8 • Prep time: 20 minutes • Cook time: 1 hour, 30 minutes on stovetop or 3 hours in crock pot

Ingredients

- 1 pound French green lentils (dry)
- 3 cups chopped yellow onions (3 medium onions)
- 2 cups chopped leeks, white part only (2 leeks)
- 1 tablespoon minced garlic (3 cloves)
- 1/4 cup good olive oil, plus additional for drizzling on top
- 2 teaspoons sea salt
- 1 1/2 teaspoons freshly ground black pepper
- 1 tablespoon minced fresh thyme leaves or 1 teaspoon dried
- 1 teaspoon ground cumin
- 2 cups medium-diced celery (8 stalks)
- 2 cups medium-diced carrots (4-6 carrots)
- 2 1/2 quarts chicken or vegetable stock
- 1/4 cup tomato paste
- 2 tablespoons red wine or red wine vinegar
- Freshly grated parmesan cheese

Preparation

1. In a large bowl, cover the lentils with boiling water and let sit for 15 minutes. Drain.
2. In a large stock pot over medium heat, sauté the onions, leeks, and garlic with the olive oil, salt, pepper, thyme and cumin for 20 minutes, until the vegetables are translucent and very tender.
3. Add the celery and carrots and sauté for 10 minutes.
4. Add the chicken or vegetable stock, tomato paste and lentils. Cover and bring to a boil. Reduce heat and simmer uncovered for 1 hour, until the lentils are cooked through. Or put in the crock pot on low for 3 hours.
5. Check the seasonings. Add the red wine and serve hot, drizzled with olive oil and sprinkled with grated Parmesan.

NO-BAKE CHEWY GRANOLA BARS

FROM THE KITCHEN OF *Beth La Fleur* CO-OP BOARD MEMBER

This recipe has been a big hit for Co-op Board Member, Beth La Fleur's active boys. She modifies the recipe to fit what's in her cupboard.

Ingredients

- 1 1/4 cups quick rolled oats (find them in our bulk aisle)
- 1 cup cereal (such as Purely O's)
- 1/4 cup shredded coconut (find it in our bulk aisle)
- 1/4 cup chopped nuts (any kind will do, even sunflower seeds!)
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/3 cup peanut butter (or any other nut butter you like)
- 1/3 cup honey
- 1/4 cup chopped pitted dates (available in bulk in our cooler or dried fruit of any kind)
- Cooking spray for bottom of pan

Preparation

1. Combine first 6 ingredients in a large bowl.
2. Combine peanut butter, honey, & dates in a saucepan over medium heat. Cook 3 minutes or until peanut butter melts, stirring frequently.
3. Pour peanut butter mixture over oat mixture; stir well to combine. Spread mixture into an 8-inch square baking pan coated with oil; press firmly to form a compact, even layer. Place pan in freezer for 10 minutes. Remove from freezer, and cut into 12 bars.

Adapted from Cooking Light

FUELING YOUNG ATHLETES

BY *Grace Laman* DIETICIAN



When it comes to feeding practices around kids playing sports, neither I nor my kids want me to be known as the “crazy dietitian mom” who brings raw broccoli and tomato slices to hand out after the big game; however, I do believe that young athletes have a unique set of nutrition needs. Whether they be a kindergartner playing soccer for the first time or a senior in high school on the football team, here are three keys that will play a part in sustaining a successful, healthy young athlete:

KEY #1 - HYDRATION

This is a tricky one for many reasons - as a parent you may often hear “I don’t like the taste of plain water” or “I’ll get a drink when I’m done playing”. Kids become pre-occupied and don’t listen to their body’s thirst mechanism. A child can already be dehydrated before they feel thirsty, and often they will only drink a quick sip which is not enough to replenish the fluids lost. Environments may also alter the thirst mechanism, as in the case of swimmers who may have zero feeling of thirst while in the water.

As a rule of thumb, in a day, girls and boys ages 6-11 need 1.5 liters and 1.7 liters of fluid respectively (for teenagers this jumps to approximately 2 liters or more depending on the size of the teen) (National Academy of Sciences, 2005).

When engaging in physical activity, children (of all ages) should be drinking about 1-2 oz of fluid (about 3 swallows worth) for every 15-20 mins of activity. And, there is no need for an electrolyte beverage (e.g. sports drinks, coconut water, etc.) if you are consuming an adequate amount of food (see Key #2) unless the activity lasts longer than an hour or may cause you to lose sweat at a greater rate (such as a hot or humid day).

KEY #2 - FUELING

Whether young or old, the mantra here should be the same: food is fuel. As such, there are considerations to keep in mind regarding meal timing, composition of foods, and nutritional quality of food when planning the fueling of your young athlete.

Meal timing doesn’t really become an issue until children are older and sports activities are longer in duration or more physically intense. For young kids and teenagers participating in less aerobic sports (football, softball, baseball, short distance track and field), eating three good meals a day and adding two or three snacks so they are eating every 3-4 hours is adequate (the only thing being that one of these snacks or meals falls at least 1-2 hours before and after practice or games). For teenagers participating in endurance sports (cross country, soccer, basketball, swimming, wrestling, volleyball, long distance track) there is a need for a larger meal about 3-4 hours prior to activity and then a small snack, something that will settle well in the stomach, about an hour prior.

Refueling within an hour is critical for endurance sports athletes to replace glycogen stores and provide fuel for muscles that need repair. This could be in the form of a meal or snack. If your child is traveling for sports, make sure they have something packed to allow for this.

While meal timing is important to ensure fuel is ready when they need it, the composition of food is of equal if not greater importance. The pre-activity fuel should contain in the range of 200-300 kcals for a meal and 100-150 kcals for a snack (double that for teenagers). Meals and snacks should contain sources of both carbohydrate (think fruit, whole grains, or dairy/non-dairy yogurts) and protein (think beans, nuts, cheese, eggs, meats). Some ideas for pre-activity fueling snacks: Greek yogurt with berries, handful of whole grain crackers with ¼ c. hummus or a slice of cheese, piece of fruit with 2 tbsps nuts, whole grain toast with a hard boiled egg.

Post-activity is an important recovery time and most young children will be fine to wait for their regular meal time to be re-fueled. And, without trying to be “that mom”, a post game/race/event snack does not need to be a buffet of food. It could be as simple as a piece of fruit and some water. Save the juice boxes/sports drinks and sweet treats for special occasions. Kids don’t need those things after games, even though many (including my own) have come to expect them. Teaching them healthy re-fueling ideas at a young age will allow them to continue to thrive in sports as they age.

Teens in endurance sports need to be a little more vigilant about post-activity fueling, trying to get a quality meal or snack of at least 200 calories within that “golden hour” after finishing (the closer to finishing the better). This could be in the form of a granola bar or nut butter sandwich or even a smoothie made with protein powder or Greek yogurt if in a time crunch; a good meal at home afterward works well too!

This all brings me to the final issue in fueling which is that of food quality. Kids (and parents) may find that grabbing a bag of chips or a candy bar (guilty!) may be super appealing both for convenience and the taste, but when that becomes the norm, kids start to struggle with lack of nutrients and blood sugar instabilities which in turn can lead to poor performance. As often as you can, stick to whole foods and when using packaged foods stick to ones free of artificial ingredients and added sugars as often as possible.

#3 LOOK AND LISTEN

Exercise can be draining at any age, but our kids tend to hide this very well. In fact, activity may actually make them less hungry or thirsty as they become caught up in it. Look at your kids to watch for unusual fatigue, dark circles under their eyes, excessive sweating, dry/cool skin, irritability or dizziness as these may be signs of dehydration or nutrient deficiencies. And, listen when they tell you they are hungry, thirsty or tired after activity.

And, if all else fails, tell them it could be worse, the “crazy dietitian mom” could have brought broccoli and sliced tomatoes for after the game!

Grace Laman, MS, RD, LD is a clinical dietitian at the local hospitals and adjunct professor of nutrition at Clatsop Community College.

BOARD REPORT

BY *Allie Evans* CO-OP BOARD PRESIDENT



As many of you may know, there are seven core principles that shape all cooperatives around the world, no matter how large or small. These principles form the backbone of our identity. As we step forth into expanding our store, these values will come into play, and I will try to highlight them for you as they emerge and allow them to illustrate how a co-op is different than other business structures.

As the board and management make decisions heading into expansion, our confidence and inner knowing about how crucial an expansion is has come from gathering solid information. We performed a market study which told us that there is a lot of room in our community for a larger store and that it will be supported financially. We know that we are bursting at the seams to be able to store back stock, and to have room for all the staff to have adequate space to work and break. We know that there are tons more items that we would love to be able to offer to our shoppers, but we are

limited by shelf space.

One of the most helpful pieces of information-gathering comes from learning from the experience of other food co-ops. We live in a society where sharing is less the norm and competition is pervasive. Co-ops thankfully fly against that unfortunate status quo. One of the seven principles of cooperation is “Cooperation among Cooperatives”. This can look like sharing equipment that is no longer needed with fledging co-ops or sharing policies so as to not have to reinvent the wheel.

What many people don’t know is that there is a network of support between all the co-ops across the country, and we are in frequent communication with them. Over the past year we have observed and learned

from many other co-ops about their processes of expansion and their strengths and challenges along the way. Last year we had the opportunity to study and share with the Port Townsend Food Co-op in Washington. Hearing their story about what they did and would do differently helps us avoid mistakes already made and utilize tools that worked well for them. This summer, fellow Board Member Beth La Fleur and myself had the opportunity to visit with the Ashland Food Co-op in Ashland, OR and learn from their unique story.

Perhaps the strongest message con-

veyed from learning from other co-op’s experiences is to expand before it becomes unmanageable; to expand proactively instead of reactively. It is a very different story to literally bust at the seams than it is to allow time, thought and care in consciously creating our ideal expanded store. I can tell you that, as we move forward, the board is armed with information and living examples from other co-ops and that allows us to very confidently embrace the process of building our future. The board and staff are feeling really good about where we are going, and we have the support and camaraderie of so many co-ops who are also trying to make more community-based, community-owned businesses possible. Thanks for taking the journey with us!



Board President Allie Evans, Board Secretary Beth La Fleur, and Beth’s son, Max, visit Ashland Food Co-op to learn more about expansion.



CO-OP FALL 2015 CALENDAR

"Own a Grocery Store with Us" Fall Owner Equity Drive

Let's join together to take the first step in raising cash for a new store! How? Become an owner of the Co-op, make an early equity payment, or pay your share in full. Free organic tote for anyone who pays equity in October and those who become fully vested owners get a chance to win their own personal chef, Marco Davis!

Month of October

Co+op Basics Store Tour

This store tour highlights our new Co+op Basics program and all the new low cost-high quality items we're bringing in the store. Grocery Manager Josh Guse will lead you through the aisles of the store and talk about all the ways the Co-op is striving to make shopping for healthy organic food more affordable. This is great for newcomers, long-time Co-op shoppers, and people with special dietary needs.

Saturday October 24

11-11:30 a.m.

Sign up in advance with a cashier

Create a custom store tour for your group: email store@astoria.coop

Co-op Board Meetings

Check our web site www.astoria.coop for the latest dates and times. Meetings are at North Coast Food Web headquarters, 577 18th Street.

October 22 at 7 p.m.

November 17 at 7 p.m.

December 15 at 7 p.m.

Beers to Your Health

Our monthly food and wellness talks at the Fort George Lovell showroom in Astoria. Doors open at 6 p.m. for food and drink and talks start at 7 p.m. lasting about an hour.

Thursday October 8

Mythbusters: a Patient's Perspective on Breast Cancer Awareness with Laura Snyder

Thursday November 12

Where Does Wellness Begin? With Co-op Board Member Angela Sidlo, (a wellness coach, aromatherapist & reflexologist)

All events are free and open to all ages. Talks occur second Thursday of each month. A big thanks to Fort George for donating the space!

Basic Technique Cooking Class

North Coast Food Web (See article on next page)

Classes start in October

For more information call Wendy at 503-468-0921

Turkeys Arrive November 3

Mary's Free Range Turkeys will be delivered Tuesday, first come, first served.

Holiday Hours

Closed on Thanksgiving

November 26

Closing early (staff holiday party)

December 3 at 6 p.m.

Next Owner Appreciation Week

Co-op owners save 10% on a shopping trip and enjoy samples.

December 6-12



For the kickoff of this season's lecture series, we'll hear from Laura Snyder, in a talk she calls "Myth-Busters". It's breast cancer awareness from a metastatic breast cancer patient's perspective.

October is Breast Cancer Awareness Month, and Snyder will bring the issue into focus with a different take on the "pink ribbon" messages you typically hear. Snyder

medication, scans, waiting for results; the usual for the estimated 155,000 metastatic breast cancer patients living in the U.S. today. Part of it is educating herself and others and advocating for action to channel public and private money to scientific research that can make a difference in patients' lives.

"The goal of this talk is to change the entire

says there are pervasive myths surrounding breast cancer. With data and statistics Snyder will suggest much different action plans for individuals and groups concerned about breast cancer.

Snyder is a 52-year-old proud mother of two teenagers. She is a former bookseller and Astoria school board member. These days, she is a full-time metastatic breast cancer patient. This includes medical appointments,

paradigm of breast cancer awareness in our community to a new awareness of what is actually needed to end breast cancer. No one dies of early stage breast cancer. It is only when it spreads, or metastasizes beyond the primary site to bones, the lymphatic system, and vital organs, that it becomes a terminal illness," Snyder said.

Snyder says awareness has taken on an iconic tone, when in fact it does not save lives.

"I would like to debunk these myths and challenge the sexualization and commercialization of the breast cancer cause. I hope that the talk will give people tools and ideas to change awareness to action," Snyder said.

Snyder's lecture is on Thursday October 8 at the Fort George Lovell Showroom at 426 14th Street in Astoria. The talk begins at 7 p.m. and goes until 8 p.m. Doors open at 6 p.m. and food and drinks are available for purchase. There will be time for questions and answers. The event is free and open to all ages.

This is part of the Co-op's food and wellness lecture series, "Beers to Your Health", every second Thursday of the month at Fort George. A big thanks to the brewery for the space!

COOKING CLASSES INCLUDING PIE

NORTH COAST FOOD WEB'S COMMUNITY KITCHEN OPENS

Cooking classes at North Coast Food Web will kick off with a five week Basic Techniques course beginning in October. The Food Web will be offering a variety of one-off pie classes and Astoria Co-op Grocery owners get 10% off! If you've ever seen or tasted the delicious pies that are sold at the Co-op which are made locally by the Food Web, you'll know the level of expertise you'd be getting from one of their pie classes.

To find out more about the Food Web's class schedule and to register for the Basic Techniques class, call Cooking Class Coordinator Wendy D'agostino at 503-468-0921. Wendy is in the office on Wednesday, Thursday and Friday from 9 a.m. to 2 p.m. You can leave a message and she will return your call.

The Food Web is working to get an online calendar up and running. From northcoastfoodweb.org, you will be able to check out the class schedule and register online.

Each class is limited to 12 students. They will all be cooking, not demonstration classes. There are four dedicated scholarship slots for each class. Economics should not keep anyone from being able to attend. Ask Wendy, and she'll get you signed up. Because classes are small, there may be a waiting list. Classes will be repeated as demand requires.



Fall 2015 Newsletter

1355 Exchange Street Suite 1
Astoria, OR 97103
(503) 325-0027 Open Daily 8-8

RETURN SERVICE
REQUESTED



Merianne Myers (North Coast Food Web) used the pastry recipe to make jam-filled tarts and the pie that's on the cover of this newsletter.

PIE PASTRY RECIPE

MAKES 2 CRUSTS

5 1/4 cups all purpose flour
1 Tablespoon salt
11 ounces shortening
12 ounces cold butter
1 cup (approximately) cold water

Blend flour and salt together. Cut in shortening until it is broken into tiny pieces. Cut butter into small pieces and add to flour mixture. Blend butter until dough resembles course meal. you should be able to see small chunks of butter throughout. Add a cup of really cold water and mix until flour is incorporated. Turn onto a lightly floured board and knead briefly. Cut into half, press each half into a disk, wrap in plastic wrap and chill for at least an hour but optimally overnight. Dough disks can be frozen to use later.

A recipe from North Coast Food Web, adapted from Julia Child

Have North
Coast Food Web
make your holiday
pies. Order at Co-op.

Also see details about a
pie pastry class inside
newsletter.